This stew will tide you over

With pork and lots of vegetables, this hearty yet healthy meal will keep you toasty until the weather warms up PAGE 20

NOT-SO-YUMMY FOR MUMMY

JANUARY JONES CREDITS GLOWING SKIN TO EATING PLACENTA AFTER BIRTH, BUT SOME EXPERTS ARE SKEPTICAL PAGE 19

VANCOUVER metro®

Monday, April 16, 2012

News worth sharing.

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CANUCKS ON THE ROPES

Canucks goalie Cory Schneider blocks a shot by Kings right-wing Dustin Brown during Game 3 of their first-round playoff series in Los Angeles Sunday. The Kings won 1-0 and the Canucks are on the brink of being swept from the post-season. Story, page 24. ALEX GALLARDO/THE ASSOCIATED PRESS

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Metrotown/Metropolis
4501 North Rd.
4711 Kingsway
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Chilliwack
Cottonwood Mall
Eagle Landing
45300 Luckakuck Way
7544 Vedder Rd.

Cloverdale
17725 64th Ave.

Coquitlam
Coquitlam Centre
3278 Westwood St.
3000 Lougheed Hwy.
2988 Glen Dr.
1071 Austin Ave.
2700B Barnet Hwy.

Delta
Scottsdale Mall
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1517 56th St.

Langley
Walnut Grove Town Centre
Willowbrook Shopping Centre
19638 Fraser Hwy.
19700 Langley Bypass
20159 88th Ave.
20202 66th Ave.

Maple Ridge
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Mission
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1801 Lonsdale Ave.
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Ironwood Mall
Parker Place
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Transit regulation

Councillor pushes for bigger buses

NPA Coun. George Affleck wants to see bigger buses on Broadway.

Affleck plans to introduce a motion Tuesday that asks the provincial government to change its "outdated" regulation to make way for longer buses on the busy Broadway corridor.

He said provincial transport rules restrict length of buses to 20 metres.

He would also like to see TransLink roll out the bi-articulated buses, which have three passenger compartments compared to the two-section articulated buses on the current B-Line route. "This is a quick fix to a really big issue on getting people down the corridor," Affleck said. "Adding an extra section on the bus ... can increase (rider) capacity from 30 to 50 per cent without adding additional drivers so you can get more people down the street."

He added that this is a good short-term solution and green alternative to address overcrowding before the opening of the Evergreen Line in 2016, which Affleck said could bring in more Broadway transit users.

"I know that (TransLink) is having financial issues but this could be a fiscally prudent way to deal with a very specific problem, so I'm hopeful that we can encourage them to move ahead with this," he said.

He said the city's transportation department could develop a plan to accommodate the longer buses with the current B-Line stops.

TransLink spokesperson Derek Zabel said it has been studying rapid transit options to address the issue and welcomes new initiatives. "In consideration, we'll require a study to understand the alternatives, the costs, the benefits, and the impacts," he said.

PHYLICIA TORREVILLAS/METRO

A Mac's customer signs the B.C. Federation of Labour's Sunday petition to repeal recent changes in the labour law. GRAHAM TEMPLETON/FOR METRO

Store workers in danger: B.C. Fed

Protest. The B.C. Federation of Labour says changes to Grant's Law jeopardizes safety of workers

GRAHAM TEMPLETON
vancouver@metronews.ca

The B.C. Federation of Labour (B.C. Fed) warns that recent changes to Grant's Law — a series of regulations designed to protect late-night convenience store workers — put profits ahead of worker safety.

The labour advocacy body held a protest outside an East Broadway Mac's Convenience Store Sunday, saying that the company was a leader in pressuring government agencies to water down the regulations.

The Grant's Law regulations were put in place in response to the 2005 death of Grant De Patie, a gas station worker killed during a "gas and go" when he was struck by a fleeing car and was dragged for seven kilometres.

Grant's Law previously required gas stations and convenience stores open between 10 p.m. and 6 a.m. to have two workers on staff or maintain a barrier between the worker and customers.

The change, which took effect on Sunday, adds a third option with requirements that allows stores to staff a single employee if cash is locked in a safe and the worker has an emergency call button.

In defence

"These changes put workers in danger ... If you're going to rob a place, you're picking the one with only one person and with no barrier."

Stephen von Sychowsk, B.C. Fed's labour employee action and rights network

"These changes put workers in danger," said Stephen von Sychowski, a spokesperson for the B.C. Fed's labour employee action and rights network.

"If you're going to rob a place, you're picking the one with only one person and with no barrier."

Mac's manager of security for Western Canada Doug Hartl dismissed these claims as "totally unfounded."

"This third option increases the safety of the employees," he said.

"They don't have their facts right — they don't have any evidence at all."

Hartl expressed frustration at what he saw as disinterest in productive talks on the subject.

"We had extensive hearings. They've been invited several times to join in with us, and they've never expressed an interest in that.... All they want to do is grab a headline."

1 NEWS

On the web

Super-fan suits up for playoffs

Canucks super-fan Towel Power Man Dave Preece can hardly walk down the street wearing his snazzy new suit jacket without someone stopping to take a picture of him. Watch Towel Power Man in action at metronews.ca

May the odd be ever in your favour

The Hunger Games has been dominating the box office for weeks, so it's no surprise parodies of the blockbuster film are popping up all over YouTube. Check out The Hipster Games at metronews.ca

Mobile news

The terror trial of a man who confessed to killing 77 people in Norway starts Monday amid worries he will use the proceedings to showcase his radical views. Scan the code for the story.

Once-safe Liberal seats up for grabs in two B.C. byelections

Government. Results in Port Moody-Coquitlam and Chilliwack-Hope ridings a measure of Liberal strength

Two traditionally safe Liberal seats are about to provide barometer readings of British Columbia's stormy political atmosphere with less than 13 months to go before the May 2013 election, say pundits and party officials.

This week's byelection results for suburban Vancouver's Port Moody-Coquitlam riding and the Fraser Valley's Chilliwack-Hope riding are being viewed as measures of the intense political fronts buffeting the province.

Up for measurement in the Thursday votes are: Where the two Liberal candidates finish, the strength of the upstart B.C. Conservatives and the performance of the New Democrats, which are expected to win the Port Moody-Coquitlam riding and seriously challenge in the traditionally anti-NDP Fraser Valley.

In Port Moody-Coquitlam, former Liberal cabinet minister Iain Black's seat is being contested by B.C. Conservative Christine Clarke, B.C. Liberal Dennis Marsden and New Democrat Joe Trasolini.

In Chilliwack-Hope, former four-term Liberal Barry Penner's seat, the candidates include B.C. Conservative John Martin, New Democrat Gwen O'Mahony, Liberal Laurie Throness and a Libertarian, Lewis Clarke Dahlby

But with the governing Liberals in freefall in the polls, the winning candidates are of less interest than what the election results say about the fortunes of Liberal Premier Christy Clark's government.

Retired University of Victoria political scientist Norman Ruff said the Liberals and the provincial Conservatives, led by former Reform MP John Cummins, have the most to gain or lose from the two byelections.

If the Liberals win at least one — likely Chilliwack-Hope — the victory can be viewed as a sign the government still has strength, despite plummeting showings in recent public opinion polls, he said.

"By any ordinary definition of a safe Liberal seat, they fit safe Liberal seats, but we know from the context from the polls that nothing is safe for the Liberals these days," said Ruff.

The Conservatives are looking for a win or at least strong second-place finishes to point to what they will call their growing momentum as the province's free-enterprise choice, he said.

THE CANADIAN PRESS

Regina cross-country runner first across the finish line at Vancouver Sun Run Sunday

A crowd of runners at the annual Vancouver Sun Run Sunday makes their way down Georgia Street. Nearly 50,000 people came out to enjoy a sunny Sunday morning and participate in Canada's largest 10-kilometre road race. The annual Sun Run that goes through Vancouver's downtown core continues to grow every year — with 48,904 registrants this year from a mere 3,200 participants when it started in 1985. Kelly Wiebe, 22, of Regina, crossed the finish line with an official time of 29:13, winning the elite men's division. Wiebe's victory makes it a back-to-back victory for a Canadian at the event. Natasha Fraser of Port Moody took the top spot on the women's division with an official time of 34:12. PHYLICIA TORREVILLAS/METRO

Death

Truck strikes, kills man in Kitsilano

An 85-year-old Vancouver man was killed Sunday morning when he was struck by a large truck while trying to cross 4th Avenue in Kitsilano.

Police said neither alcohol, nor speed were factors in the crash, which occurred around 10:30 a.m. on West 4th Avenue near Larch Street. The driver of the truck remained at the scene and is co-operating with police.

JEFF HODSON/METRO

Medical marijuana

Baked goods OK, judge

A B.C. judge has ruled medical marijuana users shouldn't be limited to smoking the drug.

Judge Robert Johnston of B.C. Supreme Court issued a ruling Friday that rewrites sections of the Marijuana Medical Access Regulations, deleting references to "dried" marijuana that appeared to leave out oils in baked goods. The ruling stems from a case involving Owen Smith, head baker for the Cannabis Buyers' Club of Canada, who was charged with possessing and trafficking in marijuana for baking pot-laced cookies. THE CANADIAN PRESS

Group of Seven

Garage sale Tom Thomson could fetch quarter million

A Vancouver auction house says it expects a painting believed to be by a member of the Group of Seven that was found at a garage sale could fetch a quarter of a million dollars next month.

Tom Thomson is believed to have painted the landscape in 1915, two years before he mysteriously died at the height of his career. Maynard's Auctions spokeswoman Kate Bellringer says an older gentleman brought two paintings to her in January after picking them up at a garage sale for $100 . The man also had a watercolour painting by Frederick Varley, believed to have been painted before he moved from England and became a member of the Group of Seven artists.

THE CANADIAN PRESS

Tire shop

Kal-Tire founder dies

Kal-Tire says its founder, Tom Foord, has died at the age of 89.

Foord and business partner Jim Lockhead started a tire shop in Vernon in 1953, naming it Kal-Tire after Kalamalka Lake. He built that original shop into an international business, which now operates in 20 countries and employs 4,600 people. Foord told radio station KISS F-M in 2007 that couldn't imagine a better place to be than Vernon. THE CANADIAN PRESS

Penticton

Memorial service for man who vanished in Nevada

There will be a memorial service in Penticton Saturday for a man who died when he and his wife became stuck in the Nevada wilderness.

There's been no sign of 59-year-old Albert Chretien since he and his 56-year-old wife Rita became lost in a remote mountain area in March of 2011. THE CANADIAN PRESS

Transit Improvements

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- More frequent service for many routes throughout the region including **99 B-Line**
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- Additional late-evening and **NightBus** service
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- Visit **translink.ca** for details on all April 23 bus changes

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A century later, Nova Scotia reaches out to Titanic victims

Memorial. Service remembers the 121 victims buried at Fairview Lawn Cemetery

DREW CASFORD IN HALIFAX
halifax@metronews.ca

Sandra Gregory stood amongst the hundreds gathered inside the Fairview Lawn Cemetery on a warm Sunday afternoon.

The Halifax woman was there, like the others, to commemorate the 100th anniversary of sinking of the Titanic and the close ties the tragedy has to Halifax.

"It's our responsibility to commemorate this tragedy," she said. "If we don't who will? We laid to rest many of these souls, we have to commemorate their lives."

The sun shined down on the afternoon service as children stood in the site holding roses they would later place on the graves of 121 victims lost when the Titanic sank on April 15, 1912.

"We remember those who rest in our midst and all of the Titanic's tragic victims," George Jordan, host of the interfaith service, told those gathered. "The victims are people from all walks of life, of many nationalities and many religions."

Musical guests in the hour-long ceremony included Louis Benoit, Zara Young Women's Choir and Pipe Sgt. Brian Morrison. All of the songs carried the theme of remembrance and hope.

There were also several dignitaries on hand, including Nova Scotia Lt.-Gov. John James Grant and Defence Minister Peter MacKay, along with sea and air cadets and representation from the RCMP.

"Over the decade the Titanic has symbolized many things," MacKay told the crowd.

"For some, it symbolizes human courage and sacrifice. It touched the lives of so many here in this province. No Canadian province more affected than Nova Scotia, no city more so than Halifax."

We continue to have a strong connection to the Titanic disaster, headstones here are a stark reminder for those who lost their lives, forever linking the city with the tragedy that is Titanic."

Not forgotten

"So many of those believed to be strong chose to step aside for those perceived to be weaker is something that should not be forgotten."

Father James Mallon to the crowd at Sunday's ceremony

An air cadet places a flower on a grave marker at a memorial service at Fairview Lawn Cemetery to mark the 100th anniversary of the sinking of RMS Titanic in Halifax on Sunday. ANDREW VAUGHAN/THE CANADIAN PRESS

Passengers participate in a memorial service, marking the 100th year anniversary of the Titanic disaster, aboard the MS Balmoral Titanic memorial cruise ship, at the wreck site in the North Atlantic Ocean, early Sunday. Cruise ship passengers and crew said prayers Sunday at the spot in the North Atlantic where the Titanic sank 100 years ago with the loss of more than 1,500 lives. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Ship maker. Northern Ireland unveils Titantic monument

With prayers, a hymn and a moment of silence broken by a ship's deep whistle, passengers and crew on a memorial trip marked 100 years to the moment since the Titanic sent more than 1,500 people to a watery grave.

As the 1912 disaster was commemorated around the world, the city that built the vessel — Belfast, Northern Ireland — looked back on the tragic sinking with a distinctive mixture of sorrow and pride.

In the North Atlantic, passengers lined the decks of the MS Balmoral, a cruise ship that has been retracing the route of the doomed voyage, as the ship stopped early Sunday at the spot where the Titanic went down in the early hours of April 15, 1912.

After a short service and a moment of silence, three floral wreaths were cast onto the waves as the ship's whistle sounded in the dark.

Jane Allen from Devon in southwest England, whose great-uncle perished on the Titanic, said the moment vividly reminded her of the horror of the disaster.

"All you could hear was the swell splashing against the side of the ship. You could see the white breakers stretching out to sea," she told the BBC.

"You are in the middle of nowhere. And then you look down over the side of the ship and you realize that every man and every woman who didn't make it into a lifeboat had to make that decision, of when to jump or stay on the ship as the lights went out."

Six-year-old Alex Warouaon from Chicago, who's great-great-great-grandfather died in the Titanic disaster, lays a rose at the Titanic Memorial Plaque in Northern Ireland on Sunday. PETER MORRISON/THE ASSOCIATED PRESS

Another cruise ship, Journey, which travelled from New York, also held a service at the site, about 650 kilometres off the coast of Newfoundland.

The Titanic, the world's largest and most luxurious ocean liner, was travelling to New York from England when it struck an iceberg at 11:40 p.m. on April 14, 1912. It sank less than three hours later, with the loss of all but 700 of the 2,208 passengers and crew.

In Belfast, a memorial monument was unveiled Sunday at a ceremony attended by local dignitaries, relatives of the dead and explorer Robert Ballard, who discovered the wreck of the Titanic on the ocean floor in 1985. Officials say it is the first Titanic memorial to list all victims alphabetically, with no distinction between passengers and crew members, or between first-, second- or third-class travellers. THE ASSOCIATED PRESS

Requests. Honouring the Titantic at the post office

A curious thing happened at the headquarters of Canada's postal system in 1912 following the sinking of the Titanic, according to a Saskatchewan author.

Bill Barry says dozens of requests poured into Ottawa from postmasters across the country asking for permission to change the names of their post offices to honour the stricken liner.

Barry says a little postal station named Mourney near Duck Lake, about 100 kilometres north of Saskatoon, was the first, which meant it got to be the only post office in the country named "Titanic."

"When the great ship went down, the postmaster, a fellow by the name of (J.E.) Dionne, sent an application of to Ottawa saying 'I'd like to change the name of my post office to Titanic,'" says Barry. "Apparently from the research that I did there were about 30 applications for the same thing that arrived at the postmasters office. But they went with Saskatchewan's because it was the first one that got there."

And it's not the only thing in Saskatchewan named after the ship, Barry says, noting there was also a Titanic School near Swift Current, in the province's southeast, that was named immediately after the sinking.

THE CANADIAN PRESS

MOBILE ENABLED

Drugs. Reserve speaks out against addiction

Item number nine in the letter to members of the Cat Lake reserve from the children in Grade 6 is as blunt as it is painful.

"It hurts us and shoomis and kokum (grandpa and grandma) when you're doing drugs and you're not at home."

Cat Lake in northern Ontario is the epicentre of prescription drug addiction in Canada. Community leaders figure that between 70 and 80 per cent of the adults are hooked on OxyContin or Percocets.

Governments and local health authorities are slowly gearing up to deal with the runaway addiction that has slammed communities across the country, but especially First Nations. THE CANADIAN PRESS

Exclusively online

To read the letter, go to metronews.ca

Prostitution. Secret Service scandal slammed

A Secret Service scandal involving prostitutes in Colombia that has overshadowed U.S. President Barack Obama's diplomatic mission in Latin America probably isn't an isolated incident, a leading House Republican said Sunday.

California Rep. Darrell Issa, chairman of a House investigative panel, said he wasn't certain whether Congress would hold hearings on the misconduct.

THE ASSOCIATED PRESS

Strained relations

16

Eleven Secret Service employees are on administrative leave for misconduct and five service members assigned to work with the agency are confined to quarters amid allegations that a group of personnel partied with prostitutes before Obama arrived in Colombia for the weekend summit with Latin American leaders.

Flaherty wrong that cutting corporate taxes raises revenue: Data

Dispute. Experts are contradicting finance minister's assertion that government revenues are rising despite tax cuts

As the Conservatives sell their latest budgetary plan at home and abroad, Finance Minister Jim Flaherty is touting the benefits of five consecutive years of corporate tax cuts on the government's bottom line.

Flaherty told reporters in New York and Edmonton this week that government revenues from corporations continue to rise even as Ottawa cuts taxes.

"What we're seeing, despite the fact that we've reduced business taxes, is we're seeing our corporate tax revenue continue to rise. And this is further proof, if anyone needed it, that reduction of taxation creates more economic activity, more investment, more jobs," Flaherty said in Edmonton on Thursday.

But the numbers to date don't bear out Flaherty's assertion. By the government's projections in this spring's budget, corporate tax revenues will start to inch up but won't approach the $40-billion mark again until 2016-17, a full nine years later and without adjusting for inflation.

What has returned to pre-slump levels, and even more, is the amount of cash corporations are holding — about $250 billion more than in 2006.

Economist Jim Stanford of the Canadian Auto Workers says Flaherty is repeating the disproved Laffer curve argument popularized by President Ronald Reagan in the 1980s, that governments can raise revenues by cutting taxes.

"It's absolute statistical nonsense," he said. "The end result has been on one side a reduction in government revenue and on the other side, an additional increase in corporate cash hoarding."

Stanford does acknowledge that the tax cuts were not primarily responsible for the plunge in corporate tax revenues starting in 2009.

He said the recession was the primary reason, but added without the cuts corporate tax revenues would be about $7.5 billion higher today.

THE CANADIAN PRESS

The numbers

Ottawa collected $40.6 billion in taxes from firms during the 2007-08 fiscal year, a record high. It was also the year the Harper government began a schedule of tax cuts that saw the federal rate fall to the current 15 per cent rate from about 22.1 per cent.

- **With the onset of the recession and cut to the tax rate, revenues have yet to recover, even in non-inflation adjusted dollars.** The three years following 2007-08 saw corporate tax revenues fall to $29.5 billion, $30.4 billion and $29.9 billion.

Finance Minister Jim Flaherty. FRED CHARTRANDY/THE CANADIAN PRESS

Casualties

Al-Qaida strikes in Yemen

Yemeni military officials say al-Qaida fighters trying to take control of a key southern town launched two attacks on residents, leaving a total of seven people dead, including two al-Qaida militants.

THE ASSOCIATED PRESS

Corruption charges

Iraqi PM criticized for detentions

Two Iraqi election officials facing corruption charges said Sunday they have been released on bail after a three-day detention that they said was designed to pressure the independent electoral body.

THE ASSOCIATED PRESS

Scathing attack

NDP slams Tories on food inspection

The Harper government's cuts to public service jobs are putting Canadians at risk, NDP Leader Tom Mulcair said, lashing out at the Conservatives for cutting food inspectors after people died from tainted meats.

THE CANADIAN PRESS

Uniquely Canadian

Signatures on the Charter fading

The papermakers chose the finest Manitoba flax, but nobody thought about the pens used to sign the Charter of Rights and Freedoms — the signatures that brought it into force are at risk of fading.

THE CANADIAN PRESS

The world in photos

1 Suicide bomber. Examining remains

An Afghan man examines the remains of a car after three suicide bombers were killed before they reached Jalalabad airport in Afghanistan on Sunday. The Taliban launched a series of coordinated attacks on at least seven sites. RAHMAT GUL/THE ASSOCIATED PRESS

2 Salute. Jong-un gives first speech

North Korean leader Kim Jong-un salutes during a mass military parade in Pyongyang to celebrate 100 years since the birth of the late North Korean founder Kim Il Sung on Sunday. THE ASSOCIATED PRESS/KYODO NEWS

3 Birthday. Benedict XVI turns 85

Pope Benedict XVI greets the faithful during the Regina Coeli prayer from his studio's window overlooking St. Peter's square at the Vatican, Sunday. GREGORIO BORGIA/THE ASSOCIATED PRESS

4 Arrested. Activists' fly-in protest

Left wing Israeli activists are arrested by Israeli police as they demonstrate in favour of the 'Welcome to Palestine' fly-in protest on Sunday at the Ben Gurion Air Port near Tel Aviv, Israel. URIEL SINAI/GETTY IMAGES

5 French campaign. Sarkozy arrives

France's President and candidate for re-election, Nicolas Sarkozy, shakes hands as he arrives for a Paris campaign meeting, Sunday. MICHEL EULER, POOL/THE ASSOCIATED PRESS

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Politics. Ex-leader rises to give boost to Tories

Alberta's election campaign entered its final week Sunday with the opposition Wildrose party dismissing an endorsement of Premier Alison Redford by a high-profile predecessor.

Peter Lougheed's nod to Redford over the weekend came as her Progressive Conservatives face their toughest test since he ended more than three decades of Social Credit government in 1971.

The endorsement from Lougheed, considered the party's patriarch, is considered a boost for Redford's campaign, which has struggled against the Wildrose party. The fledgling opposition party is hoping to ride the same kind of populist wave that brought the Conservatives to power 41 years ago.

"It's kind of tragic, actually, that it is considered news for a former premier of the PC party to endorse the current leader of the PC party. That should just be a given," Wildrose Leader Danielle Smith told reporters Sunday.

"I think it just shows the state the PC party is in."

Redford, who was campaigning in Calgary on Sunday, said she hadn't asked Lougheed for help but considers him a mentor and was thrilled at his endorsement.

Quoted

"The fact that he's coming out and making this statement (for Redford) means that he must be worried for her, and she must be worried."

University of Calgary political scientist Doreen Barrie, on Peter Lougheed's endorsement of Alberta Premier Alison Redford

"For me, quite honestly, it was an emotional day. I mean this is a man who I think was a great leader and an icon in our province," Redford said.

Lougheed, in an interview Friday night with CTV, urged Conservatives who had left the party to join the Wildrose to reconsider their decision.

"I want them to think about it and I want them to listen carefully to what Alison Redford is saying, to reflect on what I've been saying," he said.

Lougheed's words for Redford may be in vain, said Chaldeans Menash, who teaches political science at MacEwan University, adding it would be "a miracle on the Prairies" if the Conservatives hang onto power. THE CANADIAN PRESS

Alberta premier blasts candidate's anti-gay rant

Alberta Premier Alison Redford shares a meal at a Sikh temple in Calgary on Sunday. While in Calgary, the Progressive Conservative leader spoke out against an anti-gay blog posting by a Wildrose party candidate. JEFF MCINTOSH/THE CANADIAN PRESS

Election. 'The views I expressed in this blog posting are my own personal religious views and were given in the capacity as a church pastor,' argues member of rival Wildrose party

The Albertan Wildrose party went into damage-control mode Sunday after one of its candidates' anti-gay rants raised the ire of many voters and prompted the province's Progressive Conservative premier, Alison Redford, to warn voters about who they want to run their province.

The controversy stems from a blog written by Allan Hunsperger, a pastor who's running as a Wildrose candidate in Edmonton South, in which he warned against accepting gays and lesbians for who they are.

In his comments, written in June 2011, Hunsperger criticized the Edmonton Public School Division's views of accepting students for who they are and used Lady Gaga's album Born This Way as part of his analogy.

"You see, you can live the way you were born, and if you die the way you were born then you will suffer the rest of eternity in the lake of fire, hell, a place of eternal suffering."

With only one week left before the provincial election, Redford wasted no time joining in the condemnation of the comments that quickly spread to social media.

Quoted

"When a person is making personal statements in their capacity as a pastor, which he was, I don't think anybody should be surprised that they're expressing certain viewpoints."

Wildrose Leader Danielle Smith on anti-gay comments by party candidate Allan Hunsperger

"The fact that there are people who think that's a legitimate perspective just absolutely blows my mind," Redford told reporters at a Calgary campaign stop.

"I think they're shocking and I think it goes back to Albertans who are about to decide who is going to govern their province.... They're going to have to decide who the cabinet is," she added.

"If we have people like this making these sorts of comments in Alberta, I think it's absolutely wrong and of course I disagree with it."

Just hours after Redford's comments, the controversial posting was taken down.

Wildrose Leader Danielle Smith said she was aware of Hunsperger's religious views and made it clear that they won't have any effect on her party's policy if it forms government.

"Our party is not going to legislate on contentious social issues," Smith said on Sunday.

Many people took to Twitter to express their views on the controversy.

"I'm concerned that a party with a transparency pledge, seems to have so much to hide," read one tweet.

Another one suggested the candidate's Twitter profile should read: "Wildrose candidate dedicated to representing Albertans who I approve of."

Albertans go to the polls on April 23. THE CANADIAN PRESS

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Energy. 'Why aren't we asking the billion-dollar questions?'

University of Alberta economist Andrew Leach prepared a bingo game ahead of the provincial election leaders' debate, in which viewers could mark a box every time the politicians uttered energy-related phrases like "cap and trade" and "access to markets."

But any energy policy watchers who tuned in with their bingo dabbers ready were out of luck.

Only a couple of the terms passed the leaders' lips during the event — "oilsands" and "world class," by Leach's initial tally, and the latter was in reference to health care, not environmental monitoring.

Leach said he was surprised, not only by his makeshift game's lack of success, but more generally how little the provincial candidates have delved into energy policy throughout the campaign so far.

"Why aren't we answering the billion-dollar questions?" he asked, adding a lot of the attention thus far has instead been based on hundred-million-dollar tax-credit announcements.

Those are important, he said. But in a province whose economy is so driven by non-renewable resources "it seems like that's where the lion's share of the campaign should be."

Michael Tims, chairman of oilpatch investment dealer Peters & Co., said he hasn't seen energy issues as all that divisive during the campaign — at least between the two front runners, Premier Alison Redford and Wildrose party Leader Danielle Smith.

"I don't think anyone sees it as being a useful subject to bring up in the debate because they're not really in disagreement," said Tims.

THE CANADIAN PRESS

Five dead as twisters cut a swath across U.S.

Over 100 tornadoes. Midwest and Plains states affected; hundreds of thousands without electricity; storm weakening

More than 100 tornadoes were reported across the U.S. Midwest and Plains states, leaving at least five dead in Oklahoma and hundreds of thousands of families without electricity.

Residents searched through damaged homes Sunday for anything they could salvage. Emergency crews, meanwhile, were trying to repair downed power lines.

The National Weather Service said the storm systems were weakening and that additional tornadoes were unlikely. But forecasters warned that strong thunderstorms were expected as far east as Michigan.

Five people were killed and more than two dozen were injured when a suspected tornado ripped through a mobile home park in Woodward, Oklahoma.

Streets in the town were left dotted with mangled vehicles. THE ASSOCIATED PRESS

Very strong system

The storms were part of an exceptionally strong system that the Storm Prediction Center in Norman, Oklahoma had warned about for days.

- **The centre warned people more than 24 hours in advance of a possible "high-end, life-threatening event."**
- **The centre said the weather service had received at least 120 reports of tornadoes by dawn Sunday.**
- **They warned the threat of severe thunderstorms wasn't over across several states in the U.S.**

Workers survey the damage to a 65-foot-tall Ferris wheel following a tornado that swept through east Wichita. MIKE HUTMACHER/THE ASSOCIATED PRESS

The 'Tornado Hunter'

Saskatchewan resident offers eyewitness account

As extreme weather continues to hit the Midwestern United States, Saskatchewan resident Greg Johnson, known as the Tornado Hunter, is on the ground documenting the ordeal.

Speaking with Metro from Des Moines, Iowa, Johnson said this chase has been a lucky one.

"In Kansas we were really fortunate that the tornadoes that we were chasing ... didn't hit populated areas," said Johnson.

"So we didn't come across any of that mayhem that went on later in the evening at Wichita and unfortunately the five deaths at Woodward, Oklahoma."

Johnson said these chases affirm that Canada isn't prepared for a tornado.

"The work we're doing now pays dividends and helps people build an awareness about tornadoes and severe weather."

He says this work in the U.S. will pay dividends when he gets back to Canada.

In several states in the U.S. interior, the threat isn't fully over, but the storm has weakened and officials say additional tornadoes are unlikely.

MORGAN MODJESKI/METRO IN SASKATOON

Chris Streeks, a member of Greg Johnson's tornado hunting team.
GREG JOHNSON/FOR METRO

Latin America splits with Canada, U.S. on Cuba

Summit. Allowing Cuba to participate may undercut democratic gains in the hemisphere, experts argue

Prime Minister Stephen Harper came to the Summit of the Americas with the goal of bolstering ties with the booming region, but left Sunday on a discordant note because of his government's stance on Cuba's participation.

Canada and the United States stood alone in balking at an agreement to allow Cuba to attend future summits. That disagreement scuppered a final declaration from the 31 participating nations.

Even the summit host, Colombian President Juan Manuel Santos, declared it to be "unacceptable" that Cuba not attend the next meeting three years from now.

Harper emphasized that Canada has reached out to Cuba, and does not agree with the American embargo of the country. But he said Canada is sticking with the summit principles that state that members must be democracies.

"While we don't support the position of isolating Cuba, we do believe that the Summit of the Americas should be restricted to democratic countries, and that Cuba should be encouraged to come as a democratic country in the future... and it's our contention that the Canadian policy is the way to get that kind of result rather than the policy pursued by our American friends," Harper told reporters.

What happens next is unclear. Santos said there would be a discussion on Cuba's participation at the summit three years from now, scheduled for Panama. THE CANADIAN PRESS

Prime Minister Stephen Harper arrives for the second day of meetings at the sixth Summit of the Americas in Cartagena, Colombia, on Sunday.
ADRIAN WYLD/THE CANADIAN PRESS

Buying from a box. Retail kiosks gain momentum

A growing number of retailers are installing automated kiosks in the corners of their stores, hoping to drive product sales for DVD rentals or even iPads in a space once reserved for dust bunnies and trash bins.

It's a trend that's gaining momentum in Canada after several years of success in the United States, where everything from soap to live bait has been sold out of the automated dispensers.

Canadian businesses are taking a more conservative approach, choosing consumer favourites like DVD rentals to test the market, but creators of the kiosks are optimistic that this is just the start.

In Canada, all of the kiosk operators are private companies, so their revenues aren't made public, which makes it tough to determine whether Canadians are adopting the concept en masse. According to a report from Convergence Consulting Group, kiosks are just two per cent of the market in Canada.

Canadian Tire briefly tested the market with a handful of kiosks that sold clothing and accessories from its Mark's stores. One was placed at the highly trafficked Union Station transit hub in downtown Toronto, generating plenty of attention. But the kiosk didn't catch on and the retailer decided to retire the pilot project. THE CANADIAN PRESS

Market Minute

DOLLAR 100.16¢ (-0.39¢)

TSX 12,040.39 (-174.25)

OIL $102.83 US (-81¢)

GOLD $1,660.20 US (-$20.40)

Natural gas: $1.981 US (-0.2¢)
Dow Jones: 12,849.59 (-136.99)

HOW SMART METERS MEASURE UP TO STUPID ONES

URBAN COMPASS
Paul Sullivan
vancouver@metronews.ca

Every once in a while — well, maybe more often than that — I find myself going: Huh?

Take the Kardashian Kult, please. Wouldn't you just rather drive sharp sticks through your eyes than spend another five seconds catching up on Kim, Khloe, Kourtney, Krusty or whatever they're called?

Whatever I think, the Kult continues on its merry way, all atwitter over Kim's new orthotics or Kourtney's tooth whitening program. They don't care.

I feel the same way about smart meters. I've researched these apparently evil devices in an effort to find out why the hair of so many people is on fire, and no matter how hard I try, I can't find anything wrong.

Smart meters, as opposed to the stupid meters currently installed, accurately measure electrical consumption. That's what they do, and that's all they do. Nevertheless thousands of people are opposed BC Hydro's program to install smart meters.

The vast bulk of evidence to the contrary, they believe smart meters will fry their brains, cost more money, subject them to threats from hackers and burglars, and act as a stalking horse to give BC Hydro the power to hike up hydro rates.

It's the EMFs truth

"It's true that smart meters emit electromagnetic fields (EMFs), ... so do cellphones."

It's true smart meters emit electromagnetic fields (EMFs), but then, so do cellphones. According to BC Hydro, you'd have to expose yourself to smart meter EMFs for 20 years before you get the same dose as you get from a 30-minute call. And a CBC engineer who measured the radiation from the street and then measured the emissions from a bank of smart meters operating full blast found no difference. The readings were the same.

Did I mention that the sun emits EMFs? Can you believe it? The freaking sun is in on it.

Like a voice crying in the wilderness, BC Hydro argues we'll actually save billions of dollars over the coming decades, and it just makes sense to take advantage of the technology allowing more accurate measurement of consumption.

This cuts exactly zero ice with the anti-smart meter brigade, who are busy as we speak signing petitions and putting on those tinfoil hats that guard against alien emissions. Green Party City Coun. Adriane Carr believes consumers should be able to opt out of the smart meter program and get to keep their old stupid meters.

Why stop there? Let's give them the option to opt out of the 21st century, and deposit them back in the 18th before the Industrial Revolution. When the average life expectancy was 30.

Be careful what you wish for.

Weird news

Hanging by a wiper

A Vietnamese traffic cop went on a wild ride in Hanoi, clinging to the windshield wipers of a moving bus for nearly a kilometre after the rogue driver tried to avoid a ticket, police said Friday.

Traffic police 2nd Lt. Nguyen Manh Phan ordered the bus driver to pull over the 39-seat passenger coach Monday, said a police officer in Ba Vi District outside Hanoi. The officer spoke on condition of anonymity, citing policy.

The driver allegedly refused to show his paperwork and drove off — but not before Phan leaped onto the front, he added. The officer said the bus reached a top speed of about 50 kilometres per hour.

A video shot by one of Phan's fellow police officers shows the officer trying to get his footing and dangling precariously from the moving bus as oncoming traffic whizzes past. Phan can be heard yelling, "Call the police!"

The driver, Phung Hong Phuong, eventually pulled over after being chased by police and residents.

Even with the bus stopped, Phan stood calmly in front of it, still hanging on to the wipers.

THE ASSOCIATED PRESS

Harlistas wave the flag

FRANKLIN REYES/THE ASSOCIATED PRESS

Straw at attention

Cubans celebrate Harley Davidson

Bikers participate in a competition to place a single straw in a row of bottles during Cuba's first national gathering in honour of the Harley Davidson motorcycle Saturday.

Cuban "hog" owners and enthusiasts gathered over the weekend in the tourist resort city of Varadero.

THE ASSOCIATED PRESS

Motorcycle mambo

Keeping 'hogs' on the street

Yaismer Escalona works on a Harley Davidson in Havana Friday.

Cuba's "Harlistas" are just as passionate as their American counterparts, but like the owners of rumbling 1950s Detroit classic cars that still prowl the streets of Havana, vintage Harley fans have had to get creative to keep their bikes roadworthy. THE ASSOCIATED PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Have you been affected by rising gas prices?

Twitter

@barefootflyer
Looks like I don't fly tomorrow that means HNC is a 3:30am start here in Angola,of course I am getting up to watch! Go #Canucks Go #yvr #yyj

@JOurom
It's absolutely baffling why anyone — ANYONE — would drive downtown #yvr on #sunrun Sunday. People want to prove how stubborn they are?

@jamesboettcher
Glad its cloudy in #yvr. Excuse to watch playoff hockey at its finest! #round1hasneverbeenthisgood

@SeanEmeny
Saw a lot of sun-runners on the Canada Line. In my opinion that's cheating #SunRun #Vancouver

@amita_g89
Believe in blue!! #gameday #playoffs #canucks

@pauline530
#itstartswith1 RT @VanCanucks "It's not about winning four games, it's about winning one tonight. That's our focus" - Henrik Sedin #Canucks

metro

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age shown with a MSRP of $25,340. MSRPs do not include freight and PDI ($1,565), license, insurance, registration, applicable taxes, levies and fees. Dealer may sell for less.

2

SCENE

Box office

Fans still hungry for Games

The Hunger Games held off The Three Stooges to remain the No. 1 weekend movie. The Hunger Games stayed on top for a fourth-straight weekend with $21.5 million. Peter and Bobby Farrelly's slapstick update The Three Stooges opened in second place with $17.1 million. The acclaimed horror tale The Cabin in the Woods debuted in third place with $14.9 million.

THE ASSOCIATED PRESS

On the web

Ronnie Wood, members of The Faces donate band biography to newly opened Rock Hall archives

When board meets screen

Battleship, Milton Bradley's boredom, smiting, peg-in-board naval gazer, is being re-imagined as a $200 million intergalactic ship-sinking blockbuster, with Liam Neeson and Rihanna aboard. If Battleship floats at the box office, studios will be quick to green light a slew of board-meets-screen adaptation. We delved deep into the attic to dust off some rainy-day classics with the most cinematic potential.

MIKE DOJC
scene@metronews.ca

Hungry Hippos

Elevator pitch: Anaconda Meets The Constant Gardener

Plot: While in Botswana, a World Health Organization scientist accidentally stumbles upon a topical cure for male pattern baldness while milking a hippopotamus on a dare. In an attempt to amplify the affect, the hefty herbivores are shot full of bovine growth hormones, which messes with their eyesight causing them to see human heads as mouth-watering spheres of white chocolate.

Stars: Megan Fox, Danny McBride and Seth Rogen

Connect Four

Elevator pitch: Bob & Carol & Ted & Alice meets Wanderlust

Plot: Two couples meet while on vacation in Tuscany, have too much Pinot grigio one night and end up experimenting in spouse swapping. While their friendship persists, the inebriated dalliance leads to therapy for one duo and a temporary break-up for the other. Will moving into a beach house in Malibu help this criss-crossed foursome pick up the emotional pieces of their scattered hearts?

Stars: Mark Ruffalo, Zooey Deschanel, Dax Sheppard and Kristen Bell

Zooey Deschanel

SVW: Scrabble versus Words with Friends

Elevator Pitch: Freddy vs Jason Meets The Social Network

Plot: A friendly game of Scrabble between a mother and her daughter goes awry after mama scores a bingo with a-b-u-s-i-v-e. Seven letter bonuses are only 35 points in the popular app but 50 points in the board game that inspired it. A generational pissing match ensues, pitting Coke against Coke Zero and buck and a quarter convenient store coffee against Starbucks.

Stars: Marissa Tomei, Selena Gomez and Mike

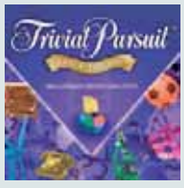
Jenga

Elevator pitch: Armageddon Meets Tetris

Plot: Set in Chicago in the summer of 2035, a trillionaire developer conceives a mega-condominium, quadruple the height of the CN Tower, assembled completely out of prefabricated modular units. Midway through construction the city is rocked by a 9.0 earthquake. A brave crew of super-crane operators from the army corp of engineers scramble to save the building from toppling by hoisting up the precariously balanced units and finding a new perch for them on the top of the building.

Stars: Tim Allen, Channing Tatum and Mike Holmes

Channing Tatum



Trivial Pursuit

Elevator Pitch: Saw meets Jeopardy

Plot: After a producer gets canned from the game-show network, he turns into a psychopath and begins pursuing former quiz show contestants. When he captures them he toys with them by forcing his victims to answer moderately difficult trivial questions like who won the World Series in 1994? If they know the answer he lets them off with just a wedgie. But if they get it wrong, then it's game over.

Stars: Alex Trebek and Justin Bieber

BLAH HURT NUMB ANGRY ANXIOUS DOWN NOT myself TODAY

EVER HAVE DAYS WHEN YOU DON'T FEEL LIKE YOURSELF?

Find out why paying attention to those feelings is an important part of dealing with your mental health, and why mental health in Canada must change.

Scotiabank partnersformentalhealth TAKE THE PLEDGE AT NOTMYSELFTODAY.CA

Mark Deklin has a blast being 'one of the girls' on GCB

Coming out of the closet. Deklin plays a closeted gay man in series pilot; says character infused with his own personality

MEREDITH ENGEL
Metro World News in New York

Mark Deklin's character on GCB, Blake, has a secret: He's gay. But that's not a spoiler — we found out in the pilot, and we also learn that his wife knows. How will this play out in the remainder of Season 1 of the new southern-fried hit? We hit up the actor — whose résumé also includes stints as a Greenpeace volunteer and an English teacher — for answers.

What can you tell us about the remainder of the first season?
We're gonna start to see who these people really are. For my character, as the season unfolds I get to do a lot more comedy. We spent the first half of the season really building my character's humanity, if you will, more than the humour, but by Episode 5 we sort of feel like we've earned the right to get a little wacky. That's one of the things I'm looking forward to because I had a lot of fun honing my comedy chops.

Do you consider yourself a naturally funny guy?
I do. I suppose that could be a matter of opinion. [Laughs] But I do think there's a certain science to comedy. So much of comedy is grounded in rhythm, timing. It's like music, and I have a musical ear. I know how to land it. I know what the comedy's asking you to do.

What's it like playing someone whose sexuality differs from your own?
One of the wonderful advantages of this particular role is [Blake's] not written as a stereotype. He's a closeted gay man, which is not something we've really seen a lot on TV. I didn't really quite know how to approach it, but what I've realized is I don't have to put anything on. No one looks at Blake and thinks he's gay. I don't play him as any kind of stereotype; I just sort of infuse my own personality into this character and give him a Texas accent.

There are a lot of pretty ladies on this show. How is it working with them on a daily basis?
It's wonderful being surrounded by so many beautiful ladies. When I come to work every day I'm surrounded by beauty. But the other great thing is they're all also really smart and really funny. It's also an interesting dynamic because I'm playing a gay character. Somehow because I'm the gay character on the show, I'm conferred with this almost honorary gay status, and so I get to almost be one of the girls. And it's really fun. I actually love it. I don't feel emasculated by it — I think it's wonderful.

So have you started indulging in girly treatments, like pedicures?
Oh, sure. Any actor who says they haven't is lying.

You used to be a Greenpeace volunteer. Why did you ultimately decide to do acting?
I was acting my whole life, but not professionally. I just never really took it seriously as a career option, so I was doing a whole bunch of other things out of college. Greenpeace was an organization I had always supported and a crazy opportunity came up. They were looking for rock climbers, and I'm a rock climber. I was visiting a friend in Boston, where they were interviewing, and I just felt, "well, I'm not employed right now," so I ended up working for Greenpeace. It wasn't really part of my master plan — it just sort of happened — but it was a very educational experience, and I felt good doing it.

GCB airs Sunday nights on CTV. HANDOUT

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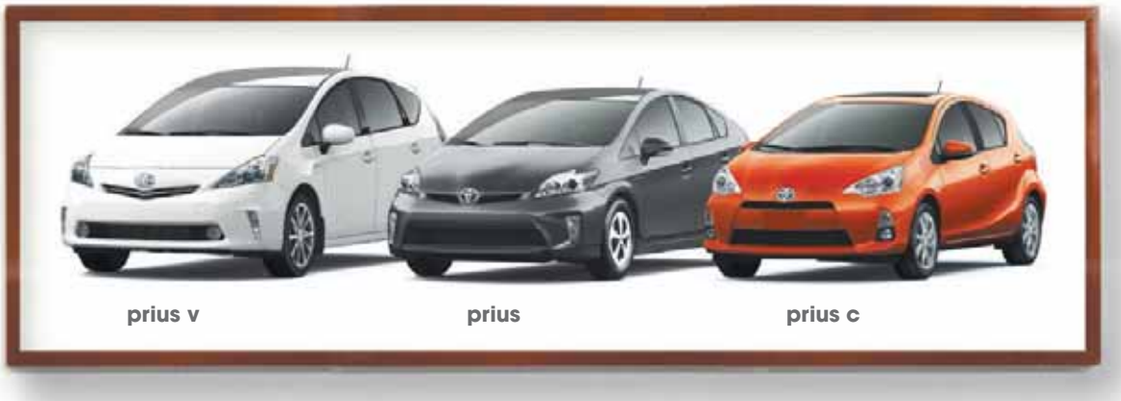

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Diddy's uninvited house guest

THE WORD
Dorothy Robinson
scene@metronews.ca

A 30-year-old man has been arrested for trespassing at Sean "Diddy" Combs' East Hampton mansion, where he reportedly ate the hip-hop mogul's food, drank his liquor, tried on some of his clothes and then slept in his bed, according to TMZ.com.

Quamine Taylor, who reportedly has a history of mental illness, entered the vacant house through an unlocked basement door and was there for 24 hours before tripping an alarm.

But when police and an alarm company representative showed up, Taylor was able to convince them he had permission to be there. It wasn't until a caretaker arrived and called the police back that Taylor was arrested. Combs' rep had no comment.

Poor Quamine. If only someone had tipped him off that Combs' mansion was NOT a Notorious B&B, he wouldn't be in this mess.

ScarJo opens up on 'horrible' divorce

Though she describes her split from ex-husband Ryan Reynolds as "comically amicable," Scarlett Johansson admits she's still reeling from her divorce.

"Of course it's horrible. It was devastating. It really throws you," she tells Vogue. 'You think that your life is going to be one way, and then, for various reasons or whatever, it doesn't work out."

Johansson also acknowledges her post-divorce relationship with Sean Penn for the first time, saying, "We spent time together, yeah. I never put a title on it, really, but we were seeing each other."

Smith brushes shoulder off

Jada Pinkett Smith

Jada Pinkett Smith isn't bothered by the tabloid reports of trouble in her marriage to Will Smith — or at least she isn't surprised by them.

"Every year, one celebrity couple is under the microscope. This year, unluckily, it's us. I almost want to say that we should have been expecting it," she tells Gala magazine.

"Will and I know the truth. We're waiting peacefully for the storm to blow over."

Angelina Jolie and Brad Pitt ALL PHOTOS GETTY IMAGES

Brad finally puts a ring on it

After six children and seven years together, Brad Pitt and Angelina Jolie are engaged to be married, a rep for Pitt confirmed in a statement.

"Yes, it's confirmed. It is a promise for the future and their kids are very happy. There's no date set at this time," the rep says.

Pitt reportedly popped the question with a $250,000 ring, according to Us Weekly.

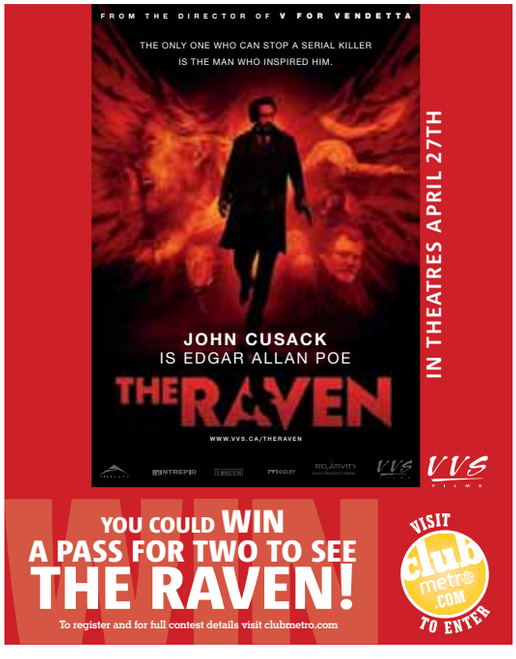
Twitter

@alisonbrie
So a sketchy dude on a bicycle definitely just stopped to whisper to me "You're lucky" before repeatedly yelling at me "Monica Lewinsky!!!"

@chriscolfer
Note to self: Next time you're looking for keys, wallet, or phone, begin with checking under the cat.

@rustyrockets
I would never burn money. Unless you count the ten grand I spent on cat jackets.

@Joan_Rivers
William and Kate's 1st anniversary is weeks away. The Queen is giving them the traditional gift of paper – the deed to Australia.



Just had a baby? Now munch on the placenta

Skin-care. More moms, including January Jones, are considering the benefits of their placenta, which many believe reduces the signs of aging and boosts energy levels

ROMINA MCGUINNESS
MWN in London, U.K.

Some mothers from all around the world have consumed their placenta for generations with little fanfare. Some say it's part of the natural process of giving birth that brings mother and child closer, others say it helps balance out hormones and fights postpartum depression, while some use it to fight aging.

But it was January Jones who made after-birth such a hot topic when she admitted that eating hers, post-baby, helped her get camera ready weeks after the delivery. And it's now not just consuming your own placenta for the benefits: beauty products are popping up with placenta as its main ingredient.

But some skin-care experts, such as Madonna's facialist, Michelle Peck, is skeptical.

"I'm not saying I'll never try placenta pills, I just need more convincing. I'd like to see more concise information to back the health claims," she says.

Mark Kristal, a behavioural neuroscientist at the University of Buffalo, agrees.

"Even though there are benefits to mammalian mothers that eat placenta at delivery, there is no scientific evidence that there are any benefits to humans."

He goes on to point out that all of the gushing reports about the benefits of placenta use have been based on anecdotes.

"I wouldn't recommend women take placenta pills, but that doesn't mean that at some time in the future, beneficial components might not be extracted or synthesized and administered medicinally," he adds.

Either way, the trend is picking up steam, and it's up to each mother to decide what's best for them.

January Jones: Could placenta pills help you look like this? GETTY IMAGES

Yay or Nay

YES

PILLS: If you're curious about taking it orally, you won't have to worry about weird side-effects. "It causes no allergic reactions or fatalities in mothers," says New York-based skin-care expert Carole Burns. "The only women who aren't good candidates are those with hepatitis A,B, or C and HIV/Aids."

FACIALS: "You can take the dried powder and place it into a gentle base such as pure olive oil and put it on your skin. It's good for skin conditions such as eczema," says Jodie Selander, founder of PlacentaBenefits.info. Meanwhile, those who have tried the placenta facials offered in spas claim that the treatment hydrates skin, reduces sun damage and leaves skin glowing. Jennifer Lopez, is rumoured to be a big fan.

HAIR CAPSULES: It's packed with protein, which repairs damage from heat, colour and perms.

PLACENTA PILLS, FACIALS AND HAIR CAPSULES

ROMINA MCGUINNESS
MWN in London, U.K.

NO

PILLS: You have to have a baby to try them. Once removed after the birth, the placenta is then cleaned, cooked, dehydrated and made into capsules that mothers are required to take daily or anytime they're feeling run down. So you're basically eating your after-birth, which is a skeevy thought. Plus, the medical world isn't sure about the results yet.

FACIALS: Did we mention that the placenta in those spa facials comes from sheep?

HAIR CAPSULES: The after-birth is taken from sheep, pigs and ox, which could make for a creepy thought the next time you're slathering on the hair treatment in the middle of your bath.

Parenting

Kid on a leash?

CAROLYN DREBIN
Mommyish.com

Since having kids, I've been freaked out by traffic. Parking lots, busy streets, even driveways have become safety hazards for me when I'm out with my children.

When each boy started nursery school, they developed an insatiable appetite for freedom. The preferred destination? Parking lots. I remember picking up my eldest, now nine, from school and within seconds of leaving the building, he'd be heading straight into the carpool lane. Needless to say, the vice-grip-hand-hold became de rigueur. It was a phase he eventually grew out of — but not before teaching his younger brother exactly how it was done.

And so, by the time my second son, now 7, started nursery, he too hit the streets whenever possible. But with him, I was prepared. My quick-draw-McGraw reflex to grab him surprised even myself. But what was I going to do? Use a leash? No way. I'd seen those parents. The relaxed ones. The ones walking through malls, airports, even parks, while their little ones meandered happily. On their leashes. I couldn't help but stare. And judge. These were children, not pets.

And then my 3 year old discovered the joys of the open roads. A few weeks ago he disappeared. My husband and I had taken separate cars to a party. My son insisted on going home with his daddy, so I left. Moments later my man called, asking me if I'd taken our youngest son home. Luckily, the mad dasher was found by a lovely woman.

I'm now reconsidering my view on the leash.

3 LIFE

Girl power

Girl Guides gain business skills, self-esteem while selling cookies

Chocolate and vanilla sandwich cookies are on the menu as Girl Guides head out on their semi-annual selling spree. Girl Guide Cookies is the largest "girl-run" business in the country, Girl Guides of Canada said in a release. Each year more than 70,000 Girl Guides, from five-year-old Sparks to 18-year-old Rangers, gain financial literacy and business skills from selling cookies. Last year, members sold more than 112 million cookies, or 5,345,652 million boxes. "Each box of cookies sold supports dynamic Girl Guide programs and activities that encourage girls to develop their leadership potential, use their talents and push their boundaries while fostering their self-esteem," the organization said. THE CANADIAN PRESS

On the web

Fertility treatment bans in Europe drive future parents abroad, draw criticism

WORRIED SCARED NOT myself TODAY

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Hearty, healthy and light

This recipe serves six. THE ASSOCIATED PRESS H/O

German Pork Stew.

You don't have to ruin your diet to enjoy a hearty meal

It's still cold out. You want something hearty. But you're also trying to eat better and don't want to ruin your diet with a cream-laden casserole.

A lean stew may be just the thing you need. Instead of being heavy, it's hearty with virtuous veggies, lean protein and warm seasonings.

1. Cut tenderloin into slices 4 cm (1 1/2 inches) thick. In a bowl, toss sliced pork with olive oil.

2. Heat a large saucepan over medium-high. Add pork and brown, 2 to 3 minutes per side. It does not need to cook through. Add onion and leeks and continue to cook until vegetables soften and begin to brown, 5 to 6 minutes.

3. Add caraway seeds, fennel seeds, celery seeds, mustard, black pepper, orange zest, orange juice and chicken broth. Bring to a boil, cover and reduce heat to maintain a simmer. Cook until pork is very tender, 15 to 20 minutes.

4. When pork is tender, use a slotted spoon to remove meat from liquid. Using 2 forks, shred pork to bite-size chunks, then return it to the pot. Add sweet potato, cabbage and celery. Continue to simmer until vegetables are tender, about 15 minutes. Season with salt.

5. In a small bowl, stir together yogurt, ketchup and relish. Serve stew topped with a dollop of the yogurt mixture and a sprinkling of fresh dill.

THE ASSOCIATED PRESS

Ingredients

- 500 g (1 lb) pork tenderloin, trimmed of fat
- 5 ml (1 tsp) olive oil
- 1 medium yellow onion, diced
- 2 leeks, white parts only, sliced
- 10 ml (2 tsp) caraway seeds, crushed
- 5 ml (1 tsp) fennel seeds, crushed
- 1 ml (1/4 tsp) celery seeds
- 15 ml (1 tbsp) Dijon mustard
- 5 ml (1 tsp) ground black pepper
- Zest and juice of 1 orange
- 1 l (4 cups) low-sodium chicken broth
- 1 large sweet potato, peeled and diced
- 375 ml (1 1/2 cups) shredded cabbage
- 2 stalks celery, diced
- Salt, to taste
- 125 ml (1/2 cup) fat-free plain Greek-style yogurt
- 30 ml (2 tbsp) ketchup
- 30 ml (2 tbsp) sweet pickle relish
- Chopped fresh dill, to garnish

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

Many people turn to Tim Hortons for a quick lunch, but the wrong choice can pack a real sodium punch. Here's what to watch for.

Ham and Swiss Sandwich

370 calories / 11 g fat / 1,180 mg sodium

This classic sandwich consists of salt-filled smoked ham and Swiss cheese, which is the reason you're getting ¾ of a day's worth of sodium. The ranch dressing also added increases the calories and fat.

Equivalent

Equivalent to almost two boxes of Triscuit crackers in sodium.

BBQ Chicken Wrap

190 calories / 4.5 g fat / 630 mg sodium

Grilled chicken with BBQ sauce gives you half the calories, fat and sodium.

Chipotle peppers add heat to Mexican pasta

For this week's underappreciated ingredient, you will need to dig a bit deeper into your grocer's Hispanic section. Your goal? Mexico's gift to high-flavour cooking — chipotle peppers in adobo sauce.

Typically sold in 199-gram (7-ounce) cans, these not entirely attractive (truth is, they look a bit prune-like) peppers pack gobs of smoky, chocolaty, slightly sweet piquancy.

This weeknight meal comes together and has a kick of heat and smokiness from the chipotle pepper and adobo sauce.

1. In large pot of boiling salted water, cook pasta for about 10 minutes or until tender but firm. Drain well and return to pot, drizzle with olive oil, then toss and set aside.

2. Meanwhile, in a food processor, combine barbecue sauce, chipotle, adobo sauce and lime juice. Process until smooth. Add pork, then pulse until well chopped, but not ground. Set aside. In a large skillet over medium-high, heat canola oil. Add onion and pepper and sauté for 6 minutes.

3. Add pork mixture and simmer for about 6 minutes or until pork is no longer pink inside and sauce thickens.

4. Serve pork over pasta. Top each serving with a dollop of sour cream and a sprinkle of chives.

THE ASSOCIATED PRESS/ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. VISIT, EMILYRICHARDSCOOK.CA)

Ingredients

- 340 g (12 oz) pappardelle pasta
- 7 ml (1/2 tbsp) olive oil
- 250 ml (1 cup) prepared barbecue sauce
- 1 canned chipotle pepper in adobo sauce
- 5 ml (1 tsp) adobo sauce
- 5 ml (1 tsp) lime juice
- 500 g (1 lb) boneless pork loin chops
- 15 ml (1 tbsp) canola oil
- 1 yellow onion, diced
- 1 red bell pepper, diced
- Sour cream
- Chopped fresh chives

Chipotle Barbecue Porky Pappardelle

This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

Pitting geeks against the nerds

Live comedy-debate. Halifax improv show has contestants throw down for the honour of being the geekiest

It's long been the clichéd and tired symbol of bespectacled, pen-toting geeks.

So when comedian Andrew (PigMonkey) Dorfman set out to create Geeks versus Nerds, a live comedy-debate show in Halifax, he decided to reclaim the pocket protector for every self-professed nerd out there.

"We're taking it back!" says Dorfman, sporting a black T-shirt bearing the show's logo: the outline of a white pocket protector, replete with pen and pencil.

"I like challenging people's presumptions."

Raised on comic books and science fiction, Dorfman, 39, is among an aging generation of self-described geeks and nerds who are proudly embracing their quirks and obsessions.

Andrew Dorfman takes a break from his alter ego, PigMonkey, in Halifax. ANDREW VAUGHAN/THE CANADIAN PRESS

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Dorfman came up with Geeks versus Nerds in 2008 after musing about who would win in a fight: Boba Fett from Star Wars or Batman, the Caped Crusader.

The show, held monthly at Dalhousie University and recorded for podcasts, pits panellists against each other as they debate the merits of superheroes, villains and everyone in between.

More than 100 fans typically show up to cheer on their pick, whether it's the best modular hero (Marvel's Iron Man versus Transformers' Optimus Prime), or the whiniest teen prodigy in space (Anakin Skywalker of Star Wars versus Wesley Crusher of Star Trek.)

The goal was to reach out to like-minded people and bust stereotypes.

"If you listen to the show, you will learn that geeks are eloquent, they're smart, they're funny," says Dorfman, the show's host and producer.

"They're just really good people who cross all stratum of society and you wouldn't know."

With the popularity of sitcoms featuring nerdy characters, series that delve into the realm of fantasy and science fiction, and conventions like Comic-Con, some say geeky has finally gone mainstream.

Geeking out

If you'd like to find out more about Andrew (PigMonkey) Dorfman and all of his shows and podcasts check out his website.

- **It's a geeks world.** Go to geeksversusnerds.com and click on the podcast link. You can also subscribe and download the show from iTunes.

As a high school student in the late 1990s, Florence Hansen lamented the lack of nerdy knick-knacks available in New Brunswick and longed for anything related to science, comic books or video games.

She just didn't talk about it.

"Back in the day it wasn't popular, so I kinda kept it on the down low," Hansen, 30, says with a laugh. "But I was always a geek at heart."

Four years ago, Hansen and her science fiction-loving husband, Luke, opened the Geek Chic Boutique in downtown Fredericton in the hopes of drawing out closeted nerds.

The shop — which proudly dubs itself the geekiest store in Canada — sells everything from Battlestar Galactica board games to belt buckles that look like original Nintendo controllers.

"Geeks are becoming popular," says Hansen. "There's been a huge response, from four-year-old kids to people in their '90s. We seem to have a huge geek population that supports us."

Dorfman, an affable character with a mop of tight brown curls, is loathe to admit that geekiness is suddenly on-trend.

Quote

"If you listen to the show, you will learn that geeks are eloquent, they're smart, they're funny."

Andrew (PigMonkey) Dorfman
Talking about geeks versus nerds

"I would argue that being a geek is never cool," he says. "Otherwise you're no longer a geek. But it is more acceptable."

Dorfman attributes much of the progress to the fact that geeks have grown up. An entire generation who got hooked on Star Wars as children and devoted hours to playing Dungeons & Dragons are now adults who are no longer inhibited by insecurity and school bullies.

Furthermore, Dorfman says grownup geeks want to spend money on geeky things. Cue businesses like the Geek Chic Boutique, which has established an in-store and online customer base.

"I think nerdiness is becoming cool to the extent that it can become part of the consumer culture," says Christine Quail, a professor at McMaster University in Hamilton, who has researched how nerds are represented in popular culture.

"If there is something there to be commodified and consumed, it becomes more palatable to a mainstream audience."

In some ways, Quail says that has been positive. As an example, she says some geeky male characters on TV have successfully challenged society's traditional, if not antiquated, image of masculinity.

On the downside, she says it's not always clear whether viewers of sitcoms such as The Big Bang Theory are laughing with — or at the expense of — nerdy characters.

Even if stereotypical nerdy things are becoming mainstream, Quail agrees with Dorfman that high school can still be an unforgiving place for geeks.

Hansen, who no longer hides her nerdy leanings, says it's easy to be a geek as an adult because people are more comfortable embracing their individuality.

She says she's hopeful younger generations will catch on to that acceptance.

"It's just being yourself," she says. "Showing you love what you love and not having to hide what you are."

THE CANADIAN PRESS

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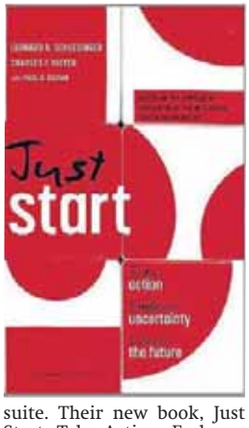
This book encourages people embarking on a new career to embrace uncertainty. COURTESY ISTOCK IMAGES

Act, don't plan, when it comes to your future

Books. An inspiring and educational read for anyone attempting a career in a field they're passionate about

Charles F. Kiefer co-founded Innovation Solutions in 1976, a management consulting company that became a forerunner of organizational learning philosophies in business.

Now Kiefer – along with co-writers Leonard A. Schlesinger and Paul Brown – has developed a new strategy. But this one isn't for the C-suite. Their new book, Just Start: Take Action, Embrace Uncertainty, Create the Future, is a message for anyone attempting a career in a field they're passionate about.

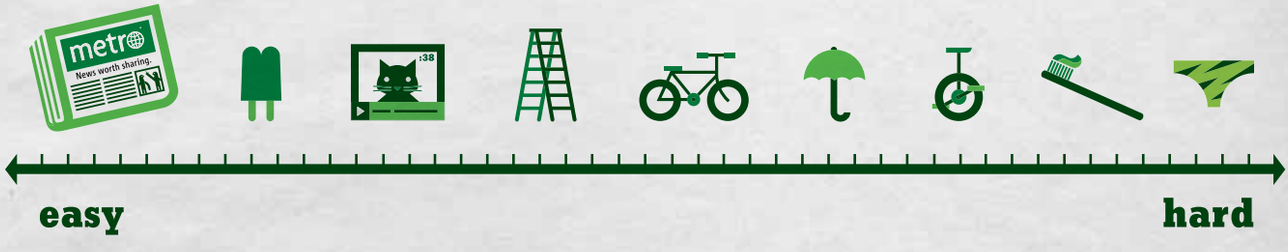


The inspiration came in 2010, when Kiefer read Sara D. Sarasvathy's Effectuation: Elements of Entrepreneurial Expertise.

"I was 50 pages in, and it was really the most dense, unreadable book I think I've read in my professional career – and this is coming from someone with a degree in theoretical physics from MIT!" explains Kiefer. "But at some point the bell went off in my head and I said, 'This is really the best, most insightful explanation of who an entrepreneur is, that I've ever read.'"

BRUCE WALSH LIFE@METRONEWS.CA

Sharability



A Hollywood legend on surviving constant change

Debbie Reynolds, at 80 years old, is still performing. H/O

Reynolds' marriage to singer Eddie Fisher was famously ended by his affair with Elizabeth Taylor, left. ASSOCIATED PRESS/FILE

Debbie Reynolds. At 80, she's learned something about getting the most out of life at any age

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Debbie Reynolds' career as an actress and singer has spanned six successful decades. Now as she turns 80 she is still entertaining and will be coming to Toronto on May 3rd to be the guest speaker at the March of Dimes Ability and Beyond Gala. As she looks back on her life and career, she says resiliency and being able to adapt are keys to long-term success.

"I think I am most proud of my ability to survive and live through each changing decade."

"America's Sweetheart" burst onto the Hollywood scene in the 1950's after leading roles in the musicals Singing in the Rain and Tammy and the Bachelor. As her star rapidly climbed in Hollywood, her marriage to singer Eddie Fisher famously dissolved after he fell in love with Elizabeth Taylor. Two more marriages over the years would end, leaving her in financial ruin.

"I constantly had to adapt, have patience and love to get through each challenging era and to maintain my sanity!"

She also took care of her family members as they aged and grew ill.

"My grandmother and grandfather lived with us and when I was 14, my mother started getting ill, having seizures and heart trouble, so I began to take care of her. I looked after my mother-in-law until she was 97 and my drama coach until 96. If people can stay in their own familiar, loving surroundings, they do much better than if they're feeling abandoned. And that is what March of Dimes does for the people it serves; it helps care for people, and keeps them in their homes. On May 3rd we'll share our experiences and our happiness, our trials, our tribulations and be together for that moment in life, and I think we'll all come out better and we'll have a wonderful time."

Long career

- **Three stars** on the Hollywood Walk of Fame
- **1965** Best actress Oscar nomination for The Unsinkable Molly Brown
- **1974** Actors Fund Award for outstanding performance in Irene
- **2004** American Casino Legends Hall of Fame induction

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4
SPORTS

Quoted

"We're approaching it that the 13 (healthy) guys we have now are who we're going to have the rest of the season and in the playoffs."

Orlando Magic coach Stan Van Gundy saying Sunday that he's preparing to play the rest of the regular season and playoffs without Dwight Howard. The star centre missed his fourth straight game with a back injury Sunday, a 100-84 Magic win over the Cleveland Cavaliers. He was diagnosed with a herniated disk last week. Howard will rest the injury for 10 days and then be re-evaluated. Van Gundy said before Sunday's game that he would consider it a bonus if Howard or forward Hedo Turkoglu, who is sidelined with a facial fracture, return at some point this season.

On the web

The Roger Clemens perjury trial is set to return to court Monday, nine months after prosecutors made a gaffe that led to a mistrial. U.S. Judge Reggie Walton said it was a mistake even a "first-year law student" wouldn't make. Scan the code for the story.

Dustin Brown, left, and Kevin Bieksa collide against the boards Sunday night in Los Angeles. STEPHEN DUNN/GETTY IMAGES

Canucks on the brink with L.A. Kings victory

NHL. Kings are one win away from their first playoff series victory since 2001

Jonathan Quick made 41 saves, Dustin Brown scored on a long rebound with 13:30 to play, and the eighth-seeded Los Angeles Kings pushed the Vancouver Canucks to the brink of elimination with a 1-0 victory in Game 3 on Sunday night.

Brown's fourth goal of a stellar series put the Kings one win away from their first playoff series victory since 2001. He also put the two-time Presidents' Trophy-winning Canucks on the edge of a shocking playoff departure.

Quick hung on for his second career playoff shutout after setting a club record with 10 in the regular season, and the Kings snapped a five-game playoff losing streak at Staples Center in front of a sellout crowd starved for playoff success.

Game 4 is Wednesday night.

THE ASSOCIATED PRESS

Game 3

KINGS	CANUCKS
1	0

Weber's goal silences Red Wings faithful

Drew Miller runs into goalie Pekka Rinne, Sunday, in Detroit.
CARLOS OSORIO/THE ASSOCIATED PRESS

Shea Weber knew he wouldn't be popular in the Motor City.

The star defenceman didn't really care, he just wanted to win.

Weber turned boos into silence with a goal early in the first period and the Nashville Predators held on to beat the Detroit Red Wings 3-2 Sunday to take a 2-1 lead in the first-round series.

"I guess we're more focused on the game," he said.

Weber was jeered every time he touched the puck for smashing Henrik Zetterberg's face into glass at the end of Game 1.

Game 3

Predators	Red Wings
3	2

"We talk about great players when there's a little bit of controversy stepping up," Nashville coach Barry Trotz said. "When he came to the rink, he knew he wasn't going to be the most likable player in the arena."

Weber's goal snapped Nashville's 0-for-12 streak on the power play against the Red Wings in the series and helped the franchise end its 0-for-6 skid in playoff games against them on the road.

The Predators, who are in their 13th NHL season, advanced in the playoffs last year for the first time and are trying to get past the Red Wings after being eliminated by them in 2008 and 2004.

Just when it looked like the Red Wings were finished off for sure in Game 3, Zetterberg scored with 54 seconds left to pull the Red Wings within one, but they couldn't force overtime.

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NHL

Florida finally gets taste of playoff success

Stephen Weiss scored the first two playoff goals of his 10-year NHL career, Jose Theodore stopped 23 shots and the Florida Panthers got their first playoff victory in nearly 15 years, beating the New Jersey Devils 4-2 on Sunday night to even the first-round series at a game apiece.

Marcel Goc had a goal and an assist for the Panthers, who survived a frantic Devils rally in the third.

THE ASSOCIATED PRESS

MLB

Blue Jays' Drabek gets consecutive victories for first time in MLB career

Edwin Encarnacion hit a two-run home run to ignite a seven-run sixth inning and Kyle Drabek pitched a strong 7 1/3 innings as the Toronto Blue Jays defeated the Baltimore Orioles 9-2 on Sunday.

Yunel Escobar also drove in two runs in the sixth with a double, his third hit of the game, as the Blue Jays sent 13 batters to the plate.

Drabek (2-0) lowered his earned-run average to 1.42 by holding the Orioles to six hits, one walk and two runs (one earned) while striking out six in the longest of his 19 career major-league starts.

Brett Lawrie of Langley, B.C., hit a solo home run and had three runs batted in as the Blue Jays (5-4) were able to salvage one win from the three-game series and ended their two-game losing slide.

THE CANADIAN PRESS

Penguins captain, and Cole Harbour native, Sidney Crosby squares off with Kimmo Timonen in Philadelphia on Sunday. BRUCE BENNETT/GETTY IMAGES

Flyers grab Pens by scruff of the neck

NHL. Briere, Read, Talbot each score twice as Philly puts Pittsburgh on brink of elimination

Fists were flying faster than shots on goal. Sidney Crosby and Claude Giroux even became knotted in the pushing and shoving, a pair of stars willing to mix it up to prove which team was the baddest on the ice and the scoreboard.

The Penguins and Flyers talked trash, laid the smack down, and played one wildly entertaining game but the result was the same. The Flyers rallied from another early deficit for a Game 3 win that put them on the brink of a sweep.

Game 3

Flyers	Penguins
8	4

Danny Briere, Matt Read and Max Talbot each scored twice to lead Philadelphia to an 8-4 win over Pittsburgh on Sunday.

Giroux and Wayne Simmonds also scored to help the Flyers take a 3-0 lead in the combustible best-of-seven series. Game 4 is Wednesday in Philadelphia. The Flyers scored 20 goals in the first three games.

"Our goal is to finish it right away," Briere said.

Quoted

"You can make a story all you want about us getting frustrated. They're doing the same things we are. It's intense."

Penguins captain Sidney Crosby, insisting his team isn't getting rattled in the physical series.

The goals might be hard to find on a highlight reel. Three players were tossed in the first period. There was a rare fight between superstars when Crosby squared off against Giroux.

No one got the better end of that scrap. But by the end, Flyers fans serenaded the Penguins with chants of "you can't beat us!"

"All three games were kind of weird games," Giroux said. "I guess I like weird games because we always finish by winning."

Jordan Staal and James Neal scored twice for the Penguins. Marc-Andre Fleury was benched after allowing six goals in two periods. He has allowed a whopping 17 goals through Game 3. Coach Dan Bylsma said Fleury would start, "the next four games."

Hard to imagine at this rate, especially with NHL scoring leader Evgeni Malkin yet to score a goal for the Penguins.

THE ASSOCIATED PRESS

NHL

Blues turn to Elliot with Halak ailing after collision

Star goalie Jaroslav Halak will miss Game 3 of the St. Louis Blues first-round series against the San Jose Sharks because of a lower-body injury.

Coach Ken Hitchcock ruled Halak out of Monday night's game in San Jose because of the hard hit he took from teammate Barret Jackman in the second period Saturday night in a St. Louis' 3-0 win that tied the series at a game apiece.

THE ASSOCIATED PRESS

Jaroslav Halak is tended to by a Blues trainer on Saturday. CHRIS LEE/ ST. LOUIS POST-DISPATCH/THE ASSOCIATED PRESS

NBA

Heat handle Knicks in Big Apple

The Miami Heat finally came to Madison Square Garden, a sea of orange surrounding them in what looked like a playoff game.

LeBron James had 29 points and 10 rebounds, Dwyane Wade added 28 points and nine boards, and the Heat overcame Carmelo Anthony's 42 points to beat the New York Knicks 93-85 on Sunday to clinch the Southeast Division title.

The Heat's lone game in New York came with the compressed regular season coming to a close — and with a chance they'll be back to face the Knicks for the playoffs soon.

THE ASSOCIATED PRESS

BLAH HURT NUMB ANGRY ANXIOUS DOWN NOT myself TODAY

EVER HAVE DAYS WHEN YOU DON'T FEEL LIKE YOURSELF?

Find out why paying attention to those feelings is an important part of dealing with your mental health, and why mental health in Canada must change.

Scotiabank partnersformentalhealth TAKE THE PLEDGE AT NOTMYSELFTODAY.CA

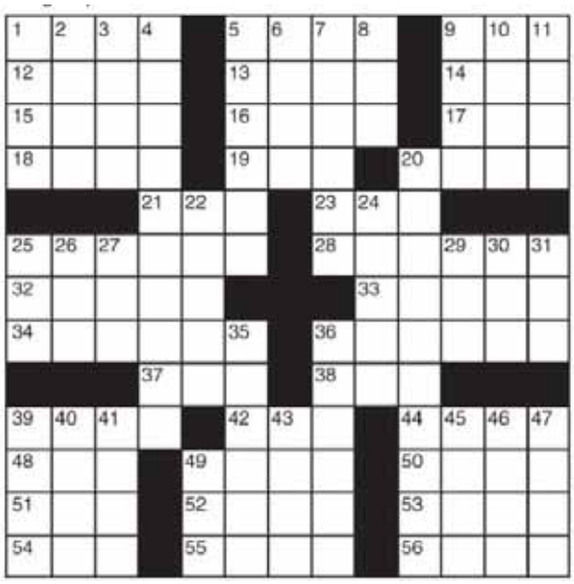
Crossword

Across

1 Tobacco plug
5 Pumps up the volume
9 DIY buy
12 Stereo hookup
13 Gambling game
14 Account acronym
15 Astronaut Shepard
16 Dingy
17 Victory
18 "L'Etoile du —" (Minnesota motto)
19 Attention getter
20 Carlton of baseball
21 Afternoon affair
23 Ostrich's cousin
25 Investor's hope
28 Arouse bitterness
32 Expiate
33 Norma Rae's group
34 From that place
36 Boulevard
37 Greek H
38 Moray
39 Earth
42 Paving material
44 Food starch, for short
48 Possess
49 Grand-scale
50 Pavarotti offering
51 3 on the phone
52 Part of Q.E.D.
53 Benevolent
54 Big bother
55 Phoenician port city
56 Advantage

Down

1 Earl Derr Biggers sleuth
2 Hawaiian city
3 Distant
4 Air-flow channel
5 Hound type
6 Stallion's companion
7 Orison
8 Sauce source
9 Fuzzy fruit
10 Eye part
11 Cistern
20 Batter treat
22 Upright
24 Shade of purple
25 Snitch
26 Biblical verb suffix
27 Pirouette pivot
29 Reunion group
30 Costello or Ferrigno
31 Away from WSW
35 Diner
36 Make bubbly
39 Six-pack, often
40 Yet to be paid
41 Data
43 Culture medium
45 Saharan
46 Pugilism venue
47 Commanded
49 Encountered



Sudoku

		3				6		
		5	2		7	3		
6				4				9
	3	7	4		2	5	1	
	2	8	6		9	7	3	
3				9				8
		9	8		1	2		
		6				1		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

7	6	9	3	1	4	8	5	2
3	1	2	9	5	8	7	4	6
8	5	4	2	6	7	1	9	3
5	2	8	1	7	6	9	3	4
1	4	6	5	3	9	2	8	7
9	7	3	8	4	2	6	1	5
2	3	5	7	9	1	4	6	8
4	8	1	6	2	3	5	7	9
6	9	7	4	8	5	3	2	1

Yesterday's Crossword

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

XSI ZWMBJ MX IKMBK ZDEP BDXR YUJS U OSHUIUC HKPDEOK U ZMPSLWUBS ZPUYS: "HKS OPUHS SRBULS."

Yesterday's Cryptoquip: MUSICAL MARCH THAT COMMEMORATES SAILORS AND FOODSTUFF FROM SHEEP: "TARS AND TRIPES FOREVER."

Today's Cryptoquip Clue: K equals H

For today's crossword answers and for expanded horoscopes, go to metronews.ca

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Tuesday 11°/7° Showers 40%
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Horoscope

Aries | March 21 - April 20. You will be remarkably fired up this week. Both in your personal life and in your work you will be energetic and enthusiastic.

Taurus | April 21 - May 21. You favor routines and methods you feel comfortable with but you will need to be a bit more adventurous over the next few days.

Gemini | May 22 - June 20. This should be a really fun time for you, especially if you are ready to take a few risks in your private life.

Cancer | June 21 - July 22. No one works harder than you, but are you working for yourself or are you working for other people?

Leo | July 23 - Aug. 22. You enjoy taking risks, it gives you a buzz, and with mind planet Mercury moving in your favor today you will be looking round for new ways to push the envelope.

Virgo | Aug. 23 - Sept. 22. You need to be a bit more assertive when dealing with family issues and financial matters.

Libra | Sept. 23 - Oct. 22. Anyone who annoys you this coming week is likely to find themselves on the receiving end of a tongue-lashing.

Scorpio | Oct. 23 - Nov. 21. If you see an opportunity today you must seize it immediately.

Sagittarius | Nov. 22 - Dec. 21. You're in a dynamic mood at the moment and you really don't care whose toes you tread on.

Capricorn | Dec. 22 - Jan 20. Something unexpected will happen today, something you did not plan for.

Aquarius | Jan. 21 - Feb 18. Don't let anyone persuade you to abandon the path you have chosen to take.

Pisces | Feb. 19 - March 20. You are very much on the ball at the moment and determined to make every minute count.

SALLY BROMPTON

Caption Contest

"Whoa i gotta get my eyes checked! There's no way i should have missed that one!"
Brian

GREGORY BULL/THE ASSOCIATED PRESS

Win!

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